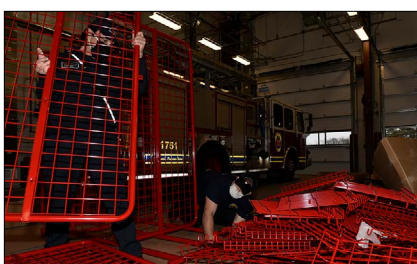


Guidon

Thursday, January 21, 2021

Fort Leonard Wood, Missouri



Fire Station No. 3 set to open on post

The Fort Leonard Wood Fire Department is set to open a new fire station Friday. Fire Station No. 3, Bldg. 2375, is on Oklahoma Ave., and according to Fort Leonard Wood Fire Chief Brad Bowling, the new station will help firefighters on post meet certain time and distance response standards in the eastern parts of the cantonment area.



Digital Garrison

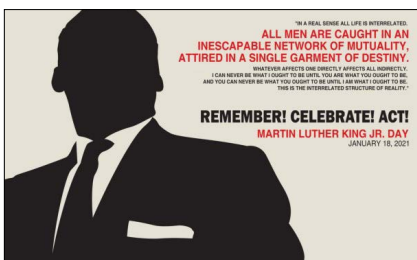
'Digital Garrison' app takes installation events, activities mobile

Want to know what events and activities are happening on the installation, where to go for a bite to eat or find out what's on sale at the Exchange? The Army has a mobile app just for that purpose called "Digital Garrison."



Scenarios, vignettes aid 3rd Chemical Brigade SHARP program

This month, the 3rd Chemical Brigade added scenarios and vignettes to its Sexual Harassment and Assault Response Prevention training to ensure Soldiers and trainees understand the program's policies and procedures.



Fort Leonard Wood celebrates MLK Day virtually

In lieu of a traditional luncheon at the Pershing Community Center, the 3rd Chemical Brigade hosted Fort Leonard Wood's Martin Luther King Jr. Day observance virtually through its Facebook page.

Read these stories and more at <https://www.army.mil/paowood>.



DoD launches 'My MilLife Guide' text message wellness program

The Defense Department recently launched My MilLife Guide. The new program sends text messages designed to help the military community boost overall wellness while navigating stresses related to COVID-19.



Preventing and dealing with frozen water pipes

Water expands when it freezes, which could mean trouble for your water pipes. Busted water supply lines can be a costly problem, so here are some tips to prevent frozen pipes during colder temperatures.



Nutrition Care Clinic gets new body composition analyzer machine

The new equipment, called the InBody770 Body Composition and Body Water Analyzer provides an in-depth analysis of body composition in about one minute.



AAFES holding 'Be Fit' online workouts

The Fort Leonard Wood Exchange is featuring a series of online workouts on its Facebook page designed for service members, family members and other patrons. The 30-minute "Be Fit" workouts are shown at 11 a.m. Mondays at <https://facebook.com/shopmyexchange>.



AAFES expands healthy options

The Army and Air Force Exchange Service is helping the military community start the year off right with a wide selection of healthy meals and snacks — all while keeping the safety and well-being of military communities top priorities.



Waynesville class lends helping hand to district's food donation project

Students from Stephanie Peace's community-based instruction class at Waynesville High School have spent the past two years helping pack bags of food for district students who might otherwise go hungry.